

Amendments to the Claims:

Listing of Claims:

Claim 1 (currently amended): A method for sports training and testing of at least one athlete, said method ~~including~~ comprising the steps of:

initiating within a control unit a predetermined protocol for training and testing, which protocol comprises layout information for locations of a plurality of remote units and at least one sensor, and route or game plan information for said at least one athlete relative to the plurality of remote units;

instructing said plurality of remote units by the control unit to produce a series of stimuli for said at least one athlete in accordance with the route or game plan information;

receiving feedback information from said at least one sensor associated with at least one remote unit, said feedback information associated with said at least one athlete's response to the stimuli;

transmitting the feedback information to said control unit; and

automatically modifying further stimuli of the series of stimuli having regard to the route or game plan information and the response.

Claim 2 (original): The sports training and testing method according to claim 1 wherein the route or game plan includes one or more pre-programmed or user defined stimuli activation patterns for physical activities required of said at least one athlete.

Claim 3 (currently amended): The sports training and testing method according to ~~either claim 1 or claim 2~~ wherein the protocol further includes information about sequencing of the series of stimuli and desired actions in response required of said at least one athlete.

Claim 4 (currently amended): The sports training and testing method of ~~either claim 2 or claim 3~~ wherein said protocol is a reactive sprinting and agility protocol and the method further ~~includes~~ comprises the steps of:

measuring said at least one athletes reaction time upon starting the protocol;
and

measuring said at least one athletes sprint times over a random course defined by said activation patterns.

Claim 5 (currently amended): The sports training and testing method of ~~either~~ claim 2 ~~or claim 3~~ wherein said protocol is a reactive offensive/defensive training protocol wherein said at least one athlete includes players and the method further ~~includes~~ comprises the step of:

instructing at least one offensive player through a plurality of defensive players over a random course defined by said activation patterns, wherein the plurality of defensive players are required to react to said at least one offensive player's movements without knowledge of the random course.

Claim 6 (currently amended): The sports training and testing method of ~~either~~ claim 2 ~~or claim 3~~ wherein said protocol is a group reactive training protocol wherein said at least one athlete includes a group of players that are subjected to stimuli to complete a series tactical patterns or combinations of play over a random course defined by said activation patterns.

Claim 7 (currently amended): The sports training and testing method of claim 6 wherein said group reactive training protocol further ~~includes~~ comprises the step of:

instructing a first player from said group of players to move to a randomly selected remote unit thereby prompting remaining players within the group to initiate the most appropriate tactical move or pattern of play in response to the instructed movement.

Claim 8 (currently amended): The sports training and testing method of ~~either~~ claim 2 ~~or claim 3~~ wherein said protocol is a grid training protocol and the method further ~~includes~~ comprises the steps of:

placing an array of remote units in a grid type configuration;

directing ~~small~~ a group(s) of athletes, simultaneously or separately by stimuli specific to respective athletes, through a course indicated by said remote units wherein the course is a random course defined by said activation patterns.

Claim 9 (currently amended): The sports training and testing method ~~as defined in any one of claim 1 claims 1 to 8~~ wherein the feedback information is forwarded to one of said plurality of remote units before forwarding said information to the control unit.

Claim 10 (currently amended): A sports training and testing apparatus for at least one athlete, said apparatus ~~including~~ comprising:

a control unit adapted to implement a predetermined protocol, wherein the protocol comprises layout information for remote units and sensors and route or game plan information for said at least one athlete;

a plurality of remote units disposed in accordance with the layout information for providing a series of stimuli for said at least one athlete in accordance with the route or game plan information;

at least one sensor disposed in accordance with the layout information for providing feedback information associated with said at least one athlete's response to the stimuli to said control unit; and

a communications network providing communications between the control unit and the plurality of remote units including said at least one sensor, wherein further stimuli in said series of stimuli are automatically modified having regard to the route or game plan information and the response.

Claim 11 (currently amended): The sports training and testing apparatus as defined in claim 10 wherein the control unit is ~~either~~ selected from the group of portable processing devices including a computer, a portable computer, a personal digital assistant (PDA), a palm top device, and a mobile telephone device ~~or other such portable processing device~~.

Claim 12 (currently amended): The sports training and testing apparatus as defined in ~~either claim 10 or claim 11~~ wherein the remote units receive instructions for producing the stimuli for said at least one athlete in accordance with the protocol from said control unit via the communications network.

Claim 13 (currently amended): The sports training and testing apparatus as defined in ~~any one of claim 10 claims 10 to 12~~ wherein the remote units include means for identifying said at least one athlete.

Claim 14 (currently amended): The sports training and testing apparatus as defined in ~~any one of claim 10 claims 10 to 13~~ wherein the remote units are adapted to provide stimuli including any one or more of audio stimuli, visual stimuli, tactile stimuli or a combination thereof.

Claim 15 (currently amended): The sports training and testing apparatus as defined in ~~any one of claim 10 claims 10 to 14~~ wherein means for producing the stimuli are mounted on said remote units.

Claim 16 (currently amended): The sports training and testing apparatus as defined in ~~any one of claim 10 claims 10 to 14~~ wherein means for producing the stimuli are mounted separately of said remote units.

Claim 17 (currently amended): The sports training and testing apparatus as defined in ~~any one of claim 10 claims 10 to 16~~ wherein the remote units further include a data capture sub-unit having a memory.

Claim 18 (original): The sports training and testing apparatus as defined in claim 17 wherein the data capture sub-unit is adapted to receive said feedback information from the sensors before forwarding the information to said control unit.

Claim 19 (currently amended): The sports training and testing apparatus as defined in ~~any one of claim 10 claims 10 to 18~~ wherein said at least one sensor is a biometric sensor.

Claim 20 (currently amended): The sports training and testing apparatus as defined in ~~any one of claim 10 claims 10 to 19~~ wherein said at least one sensor is selected from the group including a timer, a pressure sensor, a pedometer and an accelerometer.

Claim 21 (currently amended): The sports training and testing apparatus as defined in ~~any one of claim 10 claims 10 to 20~~ wherein said at least one sensor is integral with or coupled to one of said plurality of remote units.

Claim 22 (currently amended): The sports training and testing apparatus as defined ~~of any one of~~ in claim 10 ~~claims 10 to 21~~ wherein said at least one sensor is worn by said at least one athlete.

Claim 23 (currently amended): A sports training and testing system for at least one athlete, said system ~~including~~ comprising:

an on-field network having the sports training and testing apparatus of ~~any one of claim 10 claims 10 to 22~~; and

a communications link coupling the on-field network to an off-field network, the off-field network having:

- a terminal for receiving from said control unit via the communications link data containing the feedback information for post processing; and
- a memory for storing the post processed data.

Claim 24 (original): The sports training and testing system according to claim 23 wherein the communication link includes a wireless link.

Claim 25 (original): The sports training and testing system according to claim 23 wherein the communication link includes a wired connection.

Claim 26 (currently amended): The sports training and testing system according to ~~any one of claim 23 claims 23 to 25~~ wherein the remote terminal is a computer workstation running software means for processing the data containing feedback information.

Claim 27 (original): The sports training and testing system according to claim 26 wherein the remote terminal includes an Internet connection.

Claim 28 (currently amended): The sports training and testing system according to ~~either claim 26 or claim 27~~ further ~~including~~ comprising a protocol development suite for developing or modifying protocols for specific training needs of different athletes.

Claim 29 (currently amended): The sports training and testing system according to ~~any one of claim 23 claims 23 to 28~~ wherein the processed data is stored in a database to enable later retrieval and analysis by a trainer or coach.

Claim 30 (currently amended): The sports training and testing system according to ~~any one of claim 23 claims 23 to 29~~ wherein a trainer receives intermediate reports regarding said at least one athlete's responses compared with the responses required by the predetermined protocol.

Claim 31 (original): The sports training and testing system according to 30 wherein the trainer modifies the protocol in real time based on said intermediate reports.

Claim 32 (currently amended): A sports training and testing method for a user, said method ~~including~~ comprising the steps of:

- initiating within a control unit a predetermined protocol for training and testing the user;

- instructing a plurality of remote units to produce a series of stimuli to the athlete in response to the predetermined protocol;

- receiving feedback information from at least one sensor, which feedback information is associated with the user's response to the stimuli;

- automatically modifying further stimuli of the series of stimuli having regard to the feedback information;

- transmitting the feedback information across a communications link to a remote terminal;

- processing the received information within the remote terminal; and

- storing the processed information in a memory.

Claim 33 (currently amended): A sports training and testing system for a user, said system ~~including~~ comprising:

an on-field network having:

- a control unit adapted to implement a predetermined protocol for training and/or testing the user;
- a plurality of remote units for providing a series of stimuli to said user in accordance with the predetermined protocol;
- at least one sensor for providing feedback information associated with said user's response to the stimuli to said control unit, wherein further stimuli in the series of stimuli may be automatically modified having regard to the feedback information; and

a communications link coupling the on-field network to an off-field network, the off-field network having:

- a terminal for receiving from said control unit via the communications link the feedback information for post processing; and
- a memory for storing the post processed data.

Claims 34-58 (cancelled)